

## INTRODUCTION

It is clear from research that choices people make about health behaviors can substantially increase or decrease their risk of life threatening conditions including heart disease, cancer, and injuries. Public health efforts to prevent chronic disease encourage people to eat a diet high in fruits and vegetables and low in fat, get regular exercise, avoid excessive alcohol consumption, and not smoke. Excessive alcohol consumption also increases risk of injury especially of motor vehicle crash, the leading cause of death for young people. Healthy behaviors are of benefit to individuals, and due to the high prevalence of heart disease, stroke and cancer, small changes in lifestyle choices of individuals can have a large impact on the overall health of a population. The purpose of this report is to identify the prevalence of selected behaviors that are important determinants of health for the people of Utah, based on results of the 1996 Health Status Survey.

This report presents prevalence rates of these behaviors in the 1996 survey data as well as selected results from the 1986 and 1991 Health Status Surveys.

The information in this report is presented in detail in the Reference Tables on pages 35 through 117. Each health behavior is generally examined by age, sex, education level, annual household income, Hispanic status, general health status, selected medical conditions, and religious affiliation and participation. Analyses by local health district are presented for selected health behaviors. Highlights of the analyses are presented in graphical form in the Highlights section beginning on page 1.

### **Findings presented in this report are based on the following survey questions:**

#### Exercise

*“Now I’d like to ask about vigorous exercise. By that I mean exercise that increases heart and breathing rates a lot faster than usual.”*

1. *“Does anyone living in your household, AGE 6 OR OLDER, do vigorous exercise for 20 minutes at least THREE times a WEEK?”*
2. *“For how many months has \_\_\_\_\_ exercised at this level (vigorously, 20 minutes, 3 times a week)?”*

#### 5 a Day

1. *“If a serving is about a half a cup, about how many servings of fruits or vegetables would you say you eat on a typical day?”*

### Alcohol Use

*“The next few questions ask about drinking alcoholic beverages, including whisky, rum, beer, wine, or any other type of alcoholic beverage.”*

1. *“Has anyone living in your household had at least 12 drinks containing any alcohol in their entire life?”*
2. *“I need to list all household members who have EVER had at least 12 drinks starting with the oldest? Any others? Who is the next oldest household member?”*
3. *“Has \_\_\_\_\_ had at least one drink during the past month?”*
4. *“On average, how often does \_\_\_\_\_ drink any alcoholic beverage?”*
5. *“On the days that \_\_\_\_\_ drinks, how many drinks does (he/she) have each day, on average?”*
6. *“During the past month, on how many days did \_\_\_\_\_ have five or more alcoholic drinks?”*
7. *“During the last month, how many times did \_\_\_\_\_ drive within one hour after having had four or more drinks?”*

### Cigarette Smoking

*“The next few questions ask about cigarette smoking. Have you or has anyone in your household smoked at least 100 cigarettes in their entire life?”*

1. *“Does \_\_\_\_\_ smoke cigarettes now?”*
2. *“On the average, about how many cigarettes A DAY does \_\_\_\_\_ now smoke? (1 pack=20 cigarettes)”*
3. *On average, about how many cigarettes A DAY does \_\_\_\_\_ smoke while (he/she) is at home? (1 pack=20 cigarettes)”*
4. *Does \_\_\_\_\_ typically smoke inside the house, or step outside every time (he/she) smokes a cigarette?*